



Winter is here and so is cold and flu season!

Although there is no "cure" for the common cold or the flu, diet and lifestyle can play a big role in keeping you healthy this winter season. Join Lindsey, the dietitian for ShopRite of Manchester and East Hartford to learn about **immune boosting and antioxidant rich foods!**

Date: Thursday, January 15, 2015

Place: Manchester Room – Town Hall

Time: 12:00 noon (additional travel time is allowed to get to and from the session on your lunch break)

You can order a subway sandwich for \$3.00 or a salad (with turkey and veggies) for \$4.00. Both come with chips, cookie and a bottle of water. Or you can bring your lunch.

Please call Human Resources at x3126 by Tuesday, January 13, 2015 to register.